

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: February 1, 2008**

NOTE: The availability of individual products is subject to market conditions.

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
GRAINS, CEREAL, RICE and PASTA									
Cereal, Dry (all sizes)	1	2	3	4	5	6	7	8	Corn, Oat, Rice, Bran
Quick Oats (42 oz. package)	1 per 2 mos.	1	2	2	3	3	4	4	
Farina (14 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	
Macaroni & Cheese (7.25 oz. box) <u>plus</u> any combination of 3 lbs. per person of rice, spaghetti, or macaroni or Macaroni (1 lb. box) or Spaghetti (2 lb. box) or Rice (2 lb. package)	3 4 2 2	6 8 4 4	9 12 6 6	12 16 8 8	15 20 10 10	18 24 12 12	21 28 14 14	24 32 16 16	Three 7.25 oz. boxes of macaroni & cheese are treated as 1 lb.; one 26 oz. box of macaroni & cheese is treated as 1 lb.; limit of 1 lb. of macaroni & cheese per person. Other items may be substituted on a pound-for-pound basis. Any combination cannot exceed 4 lbs. per person.
Egg Noodles (1 lb. package) or Dehydrated Potatoes (1 lb. package)	2 2	4 4	6 6	8 8	10 10	12 12	14 14	16 16	May be substituted on a pound-for- pound basis. Any combination cannot exceed 2 pounds per person.
Cornmeal or All Purpose Flour or Whole Wheat Flour (5 lb. bag)	2	4	6	8	10	12	14	16	
Bakery Mix (5 lb. bag)	1 per 4 mos.	1 per 2 mos.	1	1	2	2	2	2	
Saltine Crackers (1 lb. box)	1 per 2 mos.	1	2	2	3	3	4	4	

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
VEGETABLES and SOUP									
Canned Vegetables (#300 can)	9	18	27	36	45	54	63	72	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Sweet Potatoes, Diced Tomatoes, Tomato Sauce, Pumpkin (seasonal: October-December)
Spaghetti Sauce (#300 can)	1	2	3	4	5	6	7	8	
Canned Soups (#1 can)	2	4	6	8	10	12	14	16	Tomato, Vegetarian Vegetable
FRUIT and JUICE									
Canned Fruit (#300 can)	9	18	27	36	45	54	63	72	Applesauce, Apricots, Peaches, Pears, Mixed Fruit
Dried Fruit (15-16 oz. package)	1	2	3	4	5	6	7	8	Dried Plums, Raisins
Canned Juice (46 oz. can)	3	6	9	12	15	18	21	24	Apple, Grape, Grapefruit, Orange, Pineapple, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person.									
MILK and CHEESE									
Block Process American Cheese or Sliced Reduced-fat Cheese Blend (5 lb. loaf)	1 per 2 mos.	1	2	2	3	3	4	4	
Evaporated Milk (12 oz. can)	4	8	12	16	20	24	28	32	
Instant Nonfat Dry Milk (25.6 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	No substitutions with evaporated milk.
or 1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	4	8	12	16	20	24	28	32	
OIL									
Vegetable Oil (48 fl. oz.)	1 per 2 mos.	1	2	2	3	3	4	4	

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS									
Canned Meat/ Poultry/Fish (12-24 oz. can) or ----- - Frozen Ground Beef * (1 lb. package) or ----- - Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) or ----- Frozen Beef Roast* (2 lb.) or ----- - Frozen Turkey Ham* (2 lb.) available January through October	3	6	9	12	15	18	21	24	Beef, Chunky Beef Stew, Canned Chicken, Tuna, Luncheon Meat *Frozen meats are available only to approved ITOs and SAs determined eligible to receive these products. <u>Substitution Rates:</u> 1 equivalent can of meat/poultry/fish = 2 frozen ground beef = 1 frozen beef roast = 1 frozen cut up chicken = 1 frozen turkey ham (Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.)
NOTE: Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month)									
Dry Beans (2 lb. bag)	1	2	3	4	5	6	7	8	Pinto, Great Northern, Baby Lima
Canned Vegetarian Beans (#300 can) or Canned Lowfat Refried Beans (#300 can) or Canned Kidney Beans (#300 can)	2	4	6	8	10	12	14	16	
All Purpose Egg Mix (6 oz. package)	2	4	6	8	10	12	14	16	
Smooth Peanut Butter (18 oz. package) or Roasted Peanuts (12 oz. can)	1	2	3	4	5	6	7	8	

Food Distribution Program on Indian Reservations Fresh Fruit and Vegetable Guide Rates

Guide Rates:

Participating FDPIR households may substitute 1 pound of fresh produce for 1 canned item, up to a total of 9 cans of fruit and 9 cans of vegetables per person.

Substitution Rate:

Participating households may substitute 1 pound of vegetable for 1 pound of fruit up to 4 pounds of fruit per person.

Fresh Produce Shopping List:

Vegetables

Carrots
Baby Carrots
Yellow Onions
Red Onions
Russet Potatoes
Red Potatoes
Winter Squash
Summer Squash
Sweet Potatoes
Turnips
Cabbage
Celery
Green Pepper
Cucumbers
Mixed Vegetables
Tomatoes

Seasonal:

Corn

Fruits

Apples
Grapefruit
Oranges
Pears
Mixed Fruit

Seasonal:

Peaches